



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01071, Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Report Date: July 05, 2017 03:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	65.74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Energy	kcal	194	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	05/2014
Energy	kJ	811	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	05/2014
Protein	g	3.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Total lipid (fat)	g	12.72	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Ash	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carbohydrate, by difference	g	17.13	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Sugars, total	g	17.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2011
Sucrose	g	13.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Fructose	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Lactose	g	3.75	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Maltose	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Galactose	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Minerals													
Calcium, Ca	mg	90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.04	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	4.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	10.6	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Betaine	mg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2007
Vitamin B-12	µg	0.26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin A, RAE	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	34	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Vitamin A, IU	IU	120	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.45	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2007
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D (D2 + D3)	µg	0.9	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D3 (cholecalciferol)	µg	0.9	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin D	IU	38	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Vitamin K (phylloquinone)	µg	2.7	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	02/2009
Lipids													
Fatty acids, total saturated	g	10.684	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.194	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.302	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	3.704	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	1.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	1.993	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.650	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.843	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.754	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.166	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phytosterols	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Threonine	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Isoleucine	g	0.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Leucine	g	0.318	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Lysine	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Methionine	g	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Cystine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Phenylalanine	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Valine	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Arginine	g	0.104	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Histidine	g	0.092	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Alanine	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Aspartic acid	g	0.262	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Glutamic acid	g	0.758	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Glycine	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Proline	g	0.391	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Serine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	01/2003